



JANUARY 2015

978-957-2611

Dracut Council on Aging Newsletter

951 Mammoth Road, Dracut MA, 01826

www.dracutma.gov/council-on-aging

Senior Center Hours

Monday - Friday
8:00 AM to 4:00 PM
Monday, Jan. 5th & 12th until 6:00 PM

COA Staff

Executive Director

Bethany Loveless
bloveless@dracutma.gov

Activities & Volunteer Coordinator

Judy Gilbert
jgilbert@dracutma.gov

Social Services Coordinator

Donna Houston
dhouston@dracutma.gov

Clerk/Bookkeeper

Pat Cahill
pcahill@dracutma.gov

Dispatcher

Kathie Zabbo-Greenwood

Bus Driver - Anita Chartier

Bus Driver - Charleen Bennett

Bus Driver - Russ Lahaise

Custodian - Gertrude Frechette

Custodian - Bob Houston

Meal Site Manager - Debra Lasorsa

Meal Site Aid - Donna Campbell

COA Board

Pat Merrill, Chairperson
Ann Casey, Vice Chairperson
Mary Jo Sudol, Treasurer
Renee Espinola, Secretary
William O'Neill
Chet Pater
Gerald Surprenant
Lt. Mike Fleury
Louis Darvirris
Omer Matte
Anna Collupy

Director's Message

The New Year is a great time to start something different. Although I have never been much of a resolution person myself, I am super excited about the new programs that we are offering here at the Senior Center. From fitness and speakers, to art and games, please take a look at the following new programs (details found on page 5):

- * **Zumba Gold** - An upbeat fitness class
Wednesdays at 9:00 AM, Starting January 7th
- * **Mahjong** - A game of skill, played with tiles
Thursdays at 1:00 PM, Starting January 8th
- * **Art as Therapy** - A beginner's acrylic class
Thursdays at 10:00 AM, Starting January 29th
- * **Tuesday Speaker Breakfasts** - Informational speakers offered during breakfast on alternating Tuesdays. January's speakers:
 - Circuit Breaker Info - Tuesday, January 13th at 9:00 AM
 - Veterans Breakfast - Tuesday, January 27th at 9:00 AM



In addition, I would like to point out that the Friends are going to offer monthly membership meetings as they work to strengthen their group. Their next meeting will be Tuesday, January 20th, details on page 3.

Lastly, we have the Council on Aging Board Meeting. You may not know, but COA Board Meetings are open to the public. We encourage all those who take part in COA activities to come and participate in COA meetings. The next COA meeting will be Wednesday, January 21st at 2:30 PM. At this meeting I will be presenting information on the growth rate of the Dracut senior population, as well as other interesting statistics. (The same information I shared with the Board of Selectmen via a handout at their 12/9 meeting.)

Happy New Year,

Bethany



New, get the Newsletter by Email!

Send an email to bloveless@dracutma.gov or fill out a form at the front desk of the Senior Center. Those on the email list will receive the newsletter before it is available in print!

Update - Senior Center Closures: If the Dracut schools are closed because of weather, the Senior Center is also closed for all activities. While we will make every effort to deliver Meals on Wheels and provide medical transportation, cancellations may be necessary. If so, we will notify MOW recipients, and those scheduled for medical rides, of the cancellation. The Center is also closed during any state of emergencies.



Professional Services

Call the COA at 978-957-2611 to make an appointment with below services unless otherwise noted.

SHINE

Monday, January 14th

Appointments with SHINE (Serving the Health Insurance Needs of Elders) Counselor Jill O'Sullivan for free, impartial health insurance information.

Social Security Help

Monday, January 12th

Appointments with retired Social Security volunteer, Kathy Gosselin, for advice and questions regarding SS benefits.

Fuel Assistance

Mondays, starting at 12:00 PM

Claire Wuolle, a retired Fuel Assistance professional, takes appointments to assist seniors in applying for Fuel assistance.

Representative Colleen Garry

Monday, January 26th at 10:30 AM

Rep Garry, or a staff member from her office, will be on hand to answer your questions, take feedback, and talk about state and local issues.

Health Clinics

Drop in: Thursdays, 1:30 to 3:45 PM

Blood Sugar Testing

3rd Thursday, 2:30 PM

Drop in hours to see Circle Home (visiting nurses association) RN Nancy Harding, for blood pressure checks, weight monitoring and general consultations. 100% of donations received for this service support Circle Home.

Reiki

Monday - Friday, 1:00 PM

Reiki is an ancient touch therapy technique that compliments traditional pain therapies. Cost is \$3.00 for a 40 minute session.

Hearing Screenings

Monday, January 12th 10 AM to 12 PM

Appointments with Chris Streeter from Affordable Hearing to have your hearing checked and hearing aids checked/cleaned.

Outreach & Social Services

Donna Houston, Social Services Coordinator

978-957-2611 dhouston@dracutma.gov

Happy New Year! Baby it's cold outside!



Stay safe and warm in the cold weather. Some seniors want to save money so they turn down the heat, but be careful that you don't get too cold! Even mildly cool homes with temperatures from 60 to 65 degrees can trigger hypothermia for seniors.

Some seniors are at higher risk for hypothermia because their body's response to cold can be diminished by illnesses (ie. Diabetes) and some medicines including over-the-counter cold meds. If you suspect that someone is suffering from the cold, call 911 for emergency help. Be sure your home is warm enough by setting your thermostat at least 68 to 70 degrees. More importantly, rising heating costs make it hard for folks on a fixed income, so please call Donna and ask about getting help with Fuel Assistance.

Donna Houston, Outreach Coordinator

2014 Tax Preparation Help

Each year trained AARP volunteers set up shop here at our Senior Center to provide free tax preparation help. Appointments should begin in February. Although appointments are not available yet, check in with us around mid January for the schedule. In the meantime, attend our Circuit Breaker Credit info breakfast. See page 5 for details.

Senior Property Tax Work Off Program

Dracut's Senior Property Tax Work Off Program enrollment period is wrapping up. As we write this newsletter, there are still slots available! This valuable program can save you money at the same time you are serving your community.

Eligible Senior Citizens can work in a town department for 62.5 hours and receive \$500 off their property tax bill for 2015. There are numerous positions available in almost all the town departments.

Eligibility Requirements:

- Age 60 or older
 - Be a Dracut homeowner or spouse and reside in Dracut
 - Be retired as of 1/1/2014
 - Not receive any other abatement or exemption from the town
 - Income not in excess of (based on 2013 tax return):
 - \$55,000 for single person (non-head of household)
 - \$69,000 for single person (head of household)
 - \$82,000 for a married couple filing jointly
 - Other requirements apply. See application for complete list.
- Applications can be received and submitted at the Dracut Senior Center. Call 978-957-2611 or email bloveless@dracutma.gov.

Dracut Senior Citizen's Club

The Dracut Senior Citizen's Club is a social club open to any senior age 60 and older, regardless of what town you reside. Annual membership is \$2.00.

Member Meetings

Wednesday, January 14th & 28th

Meetings are held at the Dracut Senior Center on the 2nd and 4th Wednesday of each month from 1:00 to 3:00 PM. An optional Bingo game follows each meeting. For information on membership, or other Club related questions, feel free to call Mary Rowe at 978-697-6605.

The Club's Gift-O-Rama

Please help us in thanking the following local businesses (and individuals) who contributed to our annual Gift-O-Rama through your future patronage.

Laudi's Breakfast House	Jim Duggan
Jeanne D'Arc Credit Union	Demers Auto
Cassista Chiropractic	Lucky Oil
McKenna-Ouellette Funeral Home	Joe Dirocco
Dracut Knights of Columbus	Mary Rowe
St. Onge Plumbing	Paul Morin
Cloutier Insurance Agency	Barbara Souza
Coughlin Insurance Agency	Debbie Jordin
Dracut Funeral Home	Rita Daigle
Washington Savings Bank	Bob Christian
Mill City Barber Shop	Russ Taylor
Talk of the Town	Colleen Garry
Dracut House of Pizza	Debbie Dewitt
Blanchette's Automotive	George Nangl
Brite Kleen Dracut	Jesse Forcier
Pawtucketville Diner	Keefe Auctioneer
Dick Lepine Real Estate	Ann Pizzuto
Provencher Insurance	Charmin Petals
Terry Beauregard	Carbon Colors
Cathy Richardson	Ed Bishop
Dolly Trowbridge	Jerry Houle
Daigle Insurance	Jean Soucy
Hair on Broadway	TW's Pub
Dracut Hardware	Shaw Farm
	Abby Carpet

Places to Pick Up the Newsletter:

Alexander's Pharmacy, All Dracut Senior Housing, TD Bank (Bridge St), Market Basket, CVS (Lakeview Ave), Dracut Family Diner, Dracut Police Station, Dracut Town Hall, Jeanne D'Arc Credit Union (Lakeview Ave), Lucky Oil Burner Service, Bobola's Restaurant, MV Chiropractic (Bridge St Dracut), M.G. Parker Memorial Library, Plaza Cleaning Center, Shaw Farm, St. Mary Magdalene Church, Tedeschi's (Mammoth Rd), Dracut True Value Dracut, St. Francis Church, Washington Savings Bank (Broadway Rd), Dracut Barber Shop, Village Inn, St. Marguerite D'Youville Parish.

Friends of the Dracut Elderly



You Should be a Friend!

**Next Meeting Open to All
Tuesday, January 20th at 1:00 PM**

This is an exciting time for the Friends. We are restructuring and re-focusing our efforts. We will now hold meetings on a monthly basis as we work toward a new chapter in Friends History. There are several openings on our board of directors and the number of Friends membership spots is unlimited. We encourage everyone to attend our re-birth meeting on Tuesday, January 20th at 1:00 PM at the Senior Center. If you are interested in joining, but cannot attend on the 20th please give the COA your contact information for the staff will keep a list for us.

Be Part of this Essential Organization.

The "Friends of the Dracut Elderly, Inc." is a non-profit organization dedicated to supporting the needs of our older residents. We raise funds to support the efforts of the COA, purchasing needed equipment, making building improvements, and funding events and activities. We also support the COA's Social Service Department with financial assistance for seniors in crisis.

Friend's Board Members

President, Vacant
Treasurer, Pat Cahill, soon to be vacant
Clerk, Barbara Dickinson
Board Member, Judy Fuller
Board Member, Linda Bloomgren

Second Hand Rose

Thrift Shop

Open Daily

Dracut Council on Aging

Donations of new or gently used, clean items arrive almost every day and are greatly appreciated.

General Public Welcome

All proceeds benefit the Friends.

January 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Center Closed 	2 8:30 Breakfast 9:00 Line Dancing 9:00 Walmart & Dimitrou's 10:00 Bone Builders 12:00 Cribbage
5 8:30 Breakfast 10:00 Bone Builders 1:00 Bingo COA Open until 6:00 PM	6 8:30 Breakfast 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 12:30 Knit/Crochet	7 8:30 Breakfast 9:00 Computer Class 9:00 Zumba Gold 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 12:00 Art Class	8 8:30 Breakfast 9:00 Energetics 10:30 Bone Builders 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	9 8:30 Breakfast 9:00 Line Dancing 8:30 Bagels & Burger 10:00 Bone Builders 10:30 Dollar Tree & Frobie's 12:00 Cribbage
Social Security Help 12 8:30 Breakfast 10:00 Bone Builders 10:00 Hearing Screening 1:00 Bingo COA Open until 6:00 PM	13 9:00 Circuit Breaker Info Breakfast 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 12:30 Knit/Crochet	SHINE Appointments 14 8:30 Breakfast 9:00 Computer Class 9:00 Zumba Gold 10:00 Tai Chi 10:00 Bone Builders 11:15 Meditation 12:00 Art Class 1:00 Senior Club	15 8:30 Breakfast 9:00 Energetics 10:30 Bone Builders 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy Blood Sugar Tests	16 8:30 Breakfast 9:00 Line Dancing 9:00 Kohl's & The 99 10:00 Bone Builders 12:00 Cribbage
19  Center Closed	20 8:30 Breakfast 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 11:30 Lunch 12:00 Movie - This is Where I Leave You 12:30 Knit/Crochet 1:00 Friends Meeting	21 8:30 Breakfast 9:00 Computer Class 9:00 Zumba Gold 10:00 Tai Chi 11:15 Meditation 12:00 Art Class 2:30 COA Board Mtg (Open to the public)	22 8:30 Breakfast 9:00 Energetics 10:30 Bone Builders 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	23 8:30 Breakfast 9:00 Line Dancing 9:00 Big Lots & Lilac Blosson 10:00 Bone Builders 12:00 Cribbage
26 8:30 Breakfast 10:00 Bone Builders 10:30 Rep. Garry Office Hours 1:00 Bingo	27 9:00 Vets Breakfast 9:00 Grocery Shopping 9:00 Energetics 10:30 Bone Builders 12:30 Knit/Crochet	28 8:30 Breakfast 9:00 Computer Class 9:00 Zumba Gold 10:00 Tai Chi 11:15 Meditation 12:00 Art Class 1:00 Senior Club	29 8:30 Breakfast 9:00 Energetics 10:00 Acrylics Class 10:30 Bone Builders 1:00 Bingo 1:00 Mahjong 1:30 Nurse Nancy	30 8:30 Breakfast 9:00 Line Dancing 9:00 Christmas Tree & Outback 10:00 Bone Builders 12:00 Cribbage

On Going Events & Activities

Social & Educational

Beginner's Computer- Wednesdays from 9:00 to 11:00 AM. Get individualized attention from Instructor Pat Merrill as you learn skills in this comfortable environment. \$15 for an 8 week course.

Arts & Crafts

Art with Joan - Wednesdays from 12:00 to 2:00 PM. Cost is \$40 for an 8 week session. Join studio owner Joan Turner as you paint or draw. Bring your supplies and what ever piece you are working on.

NEW

Health & Fitness

Zumba Gold with Leslie Jarvis

Wednesdays at 9:00 AM, Starting January 7th

Your first class is free so give it a try!

One of the most fun fitness class options around! Zumba Gold is a version of this party-like dance workout, specifically designed for seniors and beginners. Cost is \$4 a class or purchase a \$40 punch card good for 10 classes plus your 11th free.

Energetics - Tuesdays & Thursdays from 9:00 to 10:00 AM. Elaine Corsetti instructs a fun and upbeat class with a mix of cardio and strength training. Cost is \$20 per session. Participation is contingent upon written doctor approval.

Tai Chi - Wednesdays from 10:00 to 11:00 AM. This relaxing class helps with balance and is a great falls prevention option. Cost is \$35 per 6 week session.

Bone Builders - A wellness class focused on increasing your endurance and strength as you improve your balance, thus preventing falls. Class includes stretching, exercises, and the use of weights. Participation is contingent upon written doctor approval. Pre-registration is required, see COA staff for details.

Mondays & Wednesdays from 10:00 to 11:00 AM
Tuesdays & Thursdays from 10:30 to 11:30 AM
Wednesdays 1 to 2 PM & Fridays 10 to 11 AM

Meditation - Wednesdays from 11:15 to 11:45 AM, free. This group meditation will quiet the mind, relax your body, and give you keys to improving your focus.

Beginner Line Dancing - Fridays from 9:00 to 10:00 AM. Cost \$2 a class.

Cards & Games

Cribbage - Fridays at 12:00 PM

Bingo - Mondays & Thursdays at 1:00 PM

Featured Events

Please RSVP in advance for the following events. Call 978-957-2611

Mahjong

Thursdays at 1:00 PM, Starting January 8th

Mahjong originated in China and is considered similar to Rummy. It is a game of skill, calculation, and strategy. It is played with ornate tiles similar in shape to dominos. This weekly group of Mahjong players are excited to teach the game they love to a new crowd. Mahjong sets available to borrow. No Mahjong experience necessary!

Circuit Breaker Informational Breakfast

Tax Relief for Seniors Citizens

Tuesday, January 13th at 9:00 AM

Attend this Free French Toast breakfast to learn about the MA Circuit Breaker Tax Credit from an AARP trained tax volunteer. The Circuit Breaker Credit is for eligible seniors 65+ who paid property tax during the year. Get your questions answered so you are ready for tax time.

Lunch & Movie

Tuesday, January 20th

Lunch 11:30 AM –BBQ Pork Patty

Movie 12:00 PM - *This is Where I Leave You*

Monthly we show a movie recently released on DVD following a lunch. This month view *This is Where I Leave You* where a Jewish father's last wish is that his family participate in Shiva (a morning period) after his death. This causes the four grown siblings and their mom to spend a week living together again. This comedy, stars Jane Fonda, Jason Bateman & Tina Fey.

Veterans Breakfast

Tuesday, January 27th at 9:00 AM

Sponsored by the American Legion Post 315

This month's speaker will be John King, a Chaplain from the Disable Americans Veterans organization. Breakfast is open to veterans, their families, and those interested in veteran's affairs.

Art as Therapy with Judith Bessette

A Beginner's Acrylic Class

Thursdays at 10:00 AM, Starting January 29th

Get started in Acrylics with this relaxed class led by Judith Bessette. No prior experience or art skill necessary. This is a pay as you go class, so no long term commitment; \$4 a class. Bring your own acrylic supplies or order a \$20 beginners kit at the COA front desk and the instructor will purchase one for you.

Quick Trips

Walmart & Dimitriou's in Pelham, NH

Friday, January 2nd, Pickups begin at 9:00 AM

Dimitriou's, is a terrific Greek restaurant.

Free Breakfast at Bagels & Burgers

Friday, January 9th, Pickups begin at 8:30 AM

November's breakfast went so well that Downtown Page decided to offer a second free breakfast outing. Again, we will be headed to Bagels & Burgers located in Dracut's Bridgewood Plaza.

Dollar Tree, Methuen & Frobie's Cafe

Friday, January 9th, Pickups begin at 10:30 AM

This trip is the same day as breakfast, so pick-ups will begin later than normal. You can choose both trips or just one.

Kohl's in Chelmsford & the 99

Friday, January 16th, Pickups begin at 9:00 AM

Big Lots & Lilac Blossom in Nashua

Friday, January 23rd, Pickups begin at 9:00 AM

Lilac Blossom is a Chinese Food restaurant.

Christmas Tree Shop, Nashua & Outback, Tyngsboro

Friday, January 30th, Pickups begin at 9:00 AM

Wish List

Just a few things we could use around the center:

- Tea Bags (individually wrapped)
- Paper towels
- Mahjong Sets
- Valentines Day napkins
- Valentines Day Candy (individually wrapped)

Thank You

American Legion Post 315

for sponsoring the January Veterans breakfast.

Vintage Millwork, owner

Ray Bullock, for making Bethany's desk taller.

Downtown Page, owner

Louis Debars, for sponsoring the breakfast trip.

Meals on Wheels Drivers Needed

Call 978-957-2611 for More Information



Did you know that the Dracut COA, in partnership with Merrimack Valley Nutrition, puts out over 125 MOW daily? However, we need help to accomplish this tremendous feat. Volunteer MOW drivers are desperately

needed! You can sign up for one day a week or all 5. The time commitment is from 10:00 AM to 12:30 PM.

Volunteers own their own vehicle, are 18+, and pass CORI & SORI background checks.

Dracut COA Buses

COA Dispatcher,

Kathie Zabbo - Greenwood

Reservations call 978-957-2611

Local Shopping/Social Trips

Mondays - Thursdays: 8:30 AM to 3:30 PM

Principle Driver - Anita Chartier

Reservations are taken no later than 12:30 PM the day prior to your trip.

Bus Fare: \$1 each way or 20 ride ticket for \$18
Shopping and errands around Dracut including trips to the senior center, grocery shopping, adult day health programs, hair appointments, pharmacies, banking, and visiting friends, just to name a few.

Medical Trips

Mondays - Fridays: 8:00 AM to 2:00 PM

Principle Driver - Charleen Bennett

You are encouraged to book your medical appointment trips as soon as you make your doctor's appointment.

Transportation to the following destinations for medical appointments. Scheduling is done on a first come, first serve basis.

Within Dracut - \$1 each way

Lowell Destinations - \$2 each way

Chelmsford Destinations & Select Destinations in Tewksbury- \$3 one way or \$5 round trip

Merrimack Valley Nutrition

Call 978-957-2611 for reservations or info.

Free Breakfast

Served daily from 8:30 to 9:00 AM. Choose: oatmeal, French toast, or egg and sausage/bacon on toast. Served with fruit muffin, and orange smoothie. Milk is \$0.50 charge.

Special Site Meals

Wednesday, January 14th, French dip sandwich with Au Jus and baguette, salad, tomato tortellini soup, and apple pie.

Tuesday, January 27th, Stuffed cabbage, roasted red potatoes, green beans, salad and yogurt.

Daily Lunch Program

Lunch served daily at 11:30 AM. Please call 3 weekdays in advance to reserve your meal. \$2 donation is suggested.

January 2015 Menu

					1 <i>No Meal Served</i> <i>New Year's Holiday</i>	2 Cheerios Cheese Frittata Breakfast Sausage Oven Fried Potato /Ketchup Biscuit / Peach Cup
5 Pineapple Ginger Chicken White Rice California Blend Vegetables Pears	6 Crunch Lite Fish Potato Wedges / Ketchup Green and Gold Beans Peaches	7 Rotisserie Chicken Whip Potatoes with Basil Scandinavian Blend Veggies Fresh Orange	8 Roast Turkey and Gravy Red Bliss Whip Potatoes Carrot Coins /Cranb'ry Sauce Ice Cream	9 American Chop Suey Peas and Carrots Parmesan Cheese Regular & Diet Gelatin		
12 Honey Curry Chicken White Rice Vegetable Medley Peaches	13 Turkey Tetrazzini Scandinavian Blend Veggies Cranberry Sauce Mandarin Oranges	14 Site Special Meatball Sub with Tomato Sauce Oven Brown Potatoes California Blend Vegetables Parmesan Cheese / Apple	15 Birthday/Holiday Meal <i>High Sodium Meal</i> Apple Juice / Baked Ham Raisin Sauce /Whip Swt Pot. Green Beans Almandine B'day Cake/D' & MOW Plain	16 Baked Salmon Scalloped Potatoes Mixed Vegetables Chocolate Pudding Diet Pudding		
19 <i>No Meal Served</i> <i>Martin Luther King Day</i>	20 BBQ Pork Patty Sweet Potato Wedges Green Beans / Ketchup Fruit Cocktail	21 Teriyaki Diced Chicken White Rice Scandinavian Blend Veggies Fresh Orange	22 Roast Pork with Gravy Baked Potato /LF Sour Crm. Green Beans & Tomatoes Ice Cream	23 Potato Fish Fillet Oven Brown Potato /Ketchup Winter Blend Vegetables Fig Bar		
26 Beef Meatloaf with Gravy Whip Potato and Chives Peas and Carrots Fruit Cocktail	27 Site Special Chicken Supreme Roasted Red Potatoes Green and Gold Beans Cranberry Sauce / Apple	28 Baked Fish Florentine Dirty Rice California Blend Vegetables Regular Gelatin /Diet Gelatin	29 Macaroni and Cheese Green Beans & Tomatoes Lorna Doones Low Fat Muffin	30 High Sodium Meal LS Hot Dog / Baked Beans Mustard & Relish Kernel Corn / Kernel Corn Peaches		

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Suggested Donation \$2.00 per meal.